

Being vs. Doing

My One Word: _____

What does it mean to Do my Word?

What does it mean to Be or Embody my Word?

Which is easier? Or comes naturally? How've I done that so far?

Which one is harder for me? What might it look, feel like if I try it?

What's my resistance to that, if any? How does that show up?

How do I want to try being my word/doing my word this month?
